

THE VOID

The ascent of the Kundalini up the central channel requires travel through a vacuum area called the Void. This area is not a chakra but rather a gap between the Kundalini's resting place and the beginning of the vagus nerve of the parasympathetic system (located just below the heart). The Void forms a circle that fills the stomach area and includes Chakra No. 2 and No. 3. The Swadistan (No. 3) actually moves in the Void as it rotates around the Nabhi.

The travel of our attention, from concern about our food, clothing, shelter and family love to concern for our spiritual nature, requires passage through this Void. It is here that we are provided with depth and gravity, our sense of truth and its practice. The principles of seeking truth (student, disciple) and sharing truth (master, guru) are housed here. As this power begins to awaken in us, qualities of responsibility, dignity and self-reliance begin to develop. Dharma, or a sense of righteousness, begin to emerge.

The passage from the material to the spiritual requires knowledge of the truth and how to live it. In order for us to learn this way of life, many prophets and teachers have been provided. The major teachers or Primordial Masters are: Abraham, Moses, Socrates, Lao-tsu, Confucius, Janaka, Zoroaster, Mohammed, Nanaka and Sai Baba of Shirdi.

Through the practice of Sahaja Yoga, we look to all the great masters for guidance and knowledge of the Divine statutes, and we can verify the truth of their knowledge through our new vibratory awareness. The teachings of the genuine--and even their names--give cool vibrations. We can also test the vibrations of modern day teachers and institutions. The vibrations will become hot or simply stop if false teachers or institutions are organizing religion in a way that goes against God's will. It is the false or off-centered teachings that lead to fanaticism. Any teacher or teaching which does not promote self-reliance and self-respect or fosters dependency on persons, writings or concepts, goes against the principle of the master within us.